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I'VE GOT A LOVELY BUNCH OF COCONUTS

AND WATERMELON TOO! BECAUSE NATURAL AND HEALTHY GO HAND IN HAND THIS SUMMER PAGE 15

Girl doing well at home with new bone marrow

Kelowna. Relieved father says Nadia Bjarnason, 2, appears active and healthy

At just two years old, one Kelowna girl has suffered and prevailed through more medical diseases and treatments than most do in a lifetime.

Nadia Bjarnason was one of two girls featured in a bone-marrow drive in early February to help combat her dyskeratosis congenita, a rare genetic disorder. Now she has successfully received new bone marrow.

This has allowed her to return home since she first went into Children's Hospital in January, and so far it looks like the transplant was successful.

It's what Thor Bjarnason, her father, calls a marvel of modern science.

"She has a 'stem-cell sibling,' or maybe 'stem-cell twin,' somewhere in the world," Bjarnason said. "Also, the blood circulating in Nadia's body is that of the blood of the donor. The donor's stem cells are now making Nadia's blood. This means her blood type has changed to that of the donor (from O-positive to A-positive)."

It had been 98 days since she first entered Children's Hospital when Metro spoke to Bjarnason on Monday, and he recalled a time when the outlook didn't look so good.

"In the first 40 days after the transplant there was a scare because her cell count wasn't rising," he said. "The doctors started warning us that maybe the transplant didn't take."

In the meantime, Nadia was stuck in the isolation room at Children's Hospital since any infection could claim her life. Combine that with chemotherapy and her immune-system defences were non-existent.

But a few days later, doctors found her blood count finally starting to rise.

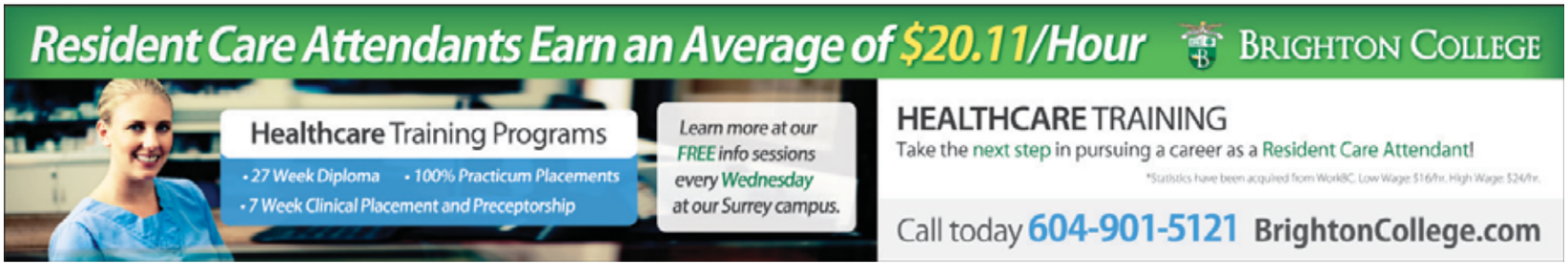
Then after 60 days, her numbers were sound and she was finally discharged from the hospital.

Bjarnason knows there's still a tough road ahead for his family, but with the treatment Nadia has received, she now has a second chance at life.

"Four tablespoons of blood product and only a small fraction of stem cells, and it was only that that saved my daughter's life," he said. "Now she's running around and climbing things, and we don't have to worry about her getting bruises because her blood levels are almost normal."

SAM SMITH/FOR METRO

Nadia Bjarnason, 2, has successfully undergone a bone-marrow transplant to combat a rare genetic disorder. She's now back at her home in Kelowna. CONTRIBUTED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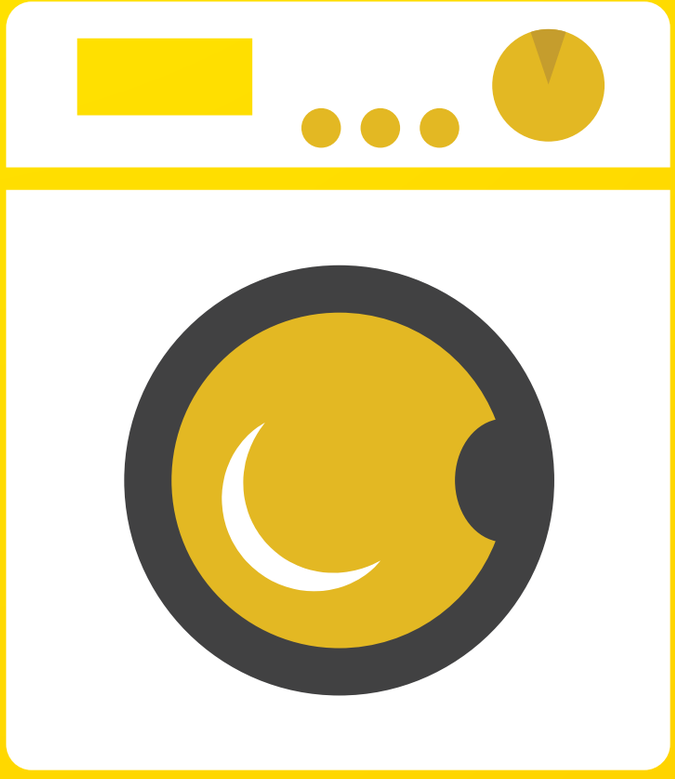

YellowPages™

Abbotsford

Fraudster accused of impersonating a peace officer

An Abbotsford man who claims to be a doctor, a Navy SEAL, a master tattoo artist, a small-business consultant and an expert in police use of force has been arrested and charged with impersonating a peace officer.

Charles David Parent, 47, was charged last week for incidents in late 2013 and early 2014 in which he allegedly flashed a fake badge to members of the criminal-justice community, said Abbotsford police spokesman Const. Ian MacDonald on Monday.

Parent allegedly tried to convince a person who works at the courthouse and a police officer that he'd been given special police status because of an association he had with an amateur radio group, MacDonald said.

"For whatever reason, he was trying to get people connected to law enforcement to believe he was a police officer," he said.

Parent has previous convictions for fraud and impersonation.

In 2007, he was sentenced to prison for a scheme in which he sent thousands of dollars worth of fraudulently obtained computer parts to reality TV star Dog the Bounty Hunter.

Based on Parent's criminal history and a glut of online claims, police fear he may have been using false credentials for gain.

While some of the activities may be a simple case of "buyer beware," police will investigate if a criminal threshold has been crossed.

EMILY JACKSON/METRO

Court hears details of alleged serial killing

Warning: Graphic.

Crown runs through its version of the death of 15-year-old Loren Leslie

Cody Legebokoff has been charged with four counts of first-degree murder. CONTRIBUTED

A young man from northern British Columbia on trial for the murders of three women and a 15-year-old girl can be linked to all four deaths through DNA evidence, including blood found on his belongings, in his apartment and on various weapons, the Crown told a jury on the first day of trial.

Crown counsel Joseph Temple opened the case in Prince George on Monday against 23-year-old Cody Legebokoff — who is facing four counts of first-degree murder — outlining in graphic detail how three of the alleged victims died, as well as explaining why the prosecution believes the man can also be linked to a fourth, whose body was never found.

The murder charges relate to 35-year-old Jill Stuchenko, 35-year-old Cynthia Maas, 23-year-old Natasha Montgomery, whose body was not recovered, and 15-year-old Loren Leslie.

It was Leslie's death that eventually led to Legebokoff's arrest, said Temple.

Leslie was last seen Nov. 27, 2010.

Temple said she had met Legebokoff on a website called Nexopia, where Legebokoff used the name "1countryboy." Legebokoff first sent her a message on Nov. 1, 2010, and soon they were exchanging text messages offline, said Temple.

On the evening of Nov. 27, they exchanged text messages arranging to meet, said Temple, and Legebokoff agreed to bring alcohol.

Later that night, an RCMP officer spotted Legebokoff speeding out of a logging road and pulled him over, said Temple.

When Legebokoff exited the truck, there was blood on his legs and shoes, as well as a puddle of blood on the floor of the truck, he said.

At first, Legebokoff claimed he was poaching, prompting the police to call in a conversation officer, who in turn followed tracks from Legebokoff's truck up the logging road to a gravel pit, said Temple.

Leslie's body was found in the pit, said Temple. Her pants were pulled down to her ankles, said Temple. An autopsy concluded she died of massive blows to her head, while she also had stab wounds to her neck.

Legebokoff told police Leslie began hitting herself and then used a knife and pipe wrench to hit herself in the face and stab herself in the neck, said Temple.

"The Crown will invite you to conclude that Cody Legebokoff murdered Loren Leslie."

Legebokoff has pleaded not guilty.

The Crown expects the trial will last six to eight months, hearing from roughly 100 witnesses.

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Fraser Surrey Docks as seen from New Westminster. EMILY JACKSON/METRO

U.S. coal could head north: Prof

Shipping interest. Obama's carbon plan could mean a push to ship from B.C.'s coast

EMILY JACKSON
emily.jackson@metronews.ca

President Barack Obama's plan to drastically cut carbon pollution in the U.S. could boost the interest in shipping coal from B.C.'s coast, according to a climate policy professor from the University of British Columbia.

The regulations Obama proposed Monday to cut emissions by 2030 by 30 per cent from 2005 levels will mean trouble for the nation's coal-fired power plants, which will be forced to clean up their act or shut down in order to meet targets, Prof. Kathryn Harrison said.

"The implication will be there's more excess coal. The coal miners in the U.S. that count on having product burned in the U.S. will be looking for other markets," said Harrison, who also is a director for anti-coal group Voters Taking Action on Climate Change (VTACC).

If proposed coal export terminals in Oregon and Washington don't get approved — and those are getting a "rough ride" in the court of public opinion — interest could shift to B.C., Harrison said.

But proposed coal export facilities face increasing public opposition in B.C. as well.

The proposal to ship 4 million metric tonnes of coal annually from the Fraser Surrey Docks has been delayed by more than a year as critics demand health and environmental assessments. The United Fishermen and Allied Workers' Union-Unifor, the T. Buck Suzuki Environmental Foundation and the B.C. United Church have recently added their voices to the opposition.

Langley

Barn fire kills at least 17 horses

A fire at a stable in Langley burnt down a barn and killed at least 17 horses that were inside in the late afternoon and evening of Sunday, June 1.

The fire occurred on the 3300 block on 224th Street.

District fire chief with the Township of Langley Russ Jenkins said his crew was on scene from 2:20 to 10:30 p.m. Sunday fighting the blaze.

"The building was so badly burnt that it would be very difficult to determine the cause," Jenkins said.

SAM SMITH/FOR METRO

Simon Fraser. Child-porn trackers get funding boost

Researchers at Simon Fraser University's International Cybercrime Research Centre have secured funding to expand an online "web crawler" that ID's and tracks child exploitation networks online.

The grant acquired from the Canadian Internet Registration Authority (CIRA) will allow for the web crawler to be used in two new critical ways: to locate the exact spot of the computer servers being used, and identify the registered owner of the domain and their location.

Richard Frank, co-developer of the crawler, named the Child Exploitation Network Extractor, said once the expansion is up and running the program will be shared globally for authorities to use in their own countries.

"This allows for automatic identification of sites that contain CE (child exploitation) content, without having users to view the content," Frank said.

Michael Geist, chair of the CIRA committee that selected this program to receive funding, said making the Internet a safer place is one of their priorities, and this program will do just that.

SAM SMITH/FOR METRO

Canuck rookie now shin-kicking champ

Cotswold Olimpicks. Ross Langill beat out a two-time winner to snatch the title

A Vancouver man has claimed the prestigious title of winner of the Shin-Kicking World Championship.

Ross Langill, 24, won the top spot Friday — beating out Zak Warren, the previous two-time world champ — in the bizarre sport while competing at the Cotswold Olimpicks, a rural sporting event that claims to be 300 years older than the modern Olympics. The event takes place annually in Gloucestershire, England.

Shin kicking is a medieval sport in which two competitors hold each other by the shoulders as they try to kick each other's shins and bring them to the ground. The kickers are allowed to stuff their socks and pants with straw to protect themselves.

A rookie at the sport, Langill said he had only heard about shin kicking when he decided to enter Friday's competition.

He had a tour of Ireland and the UK planned, and decided to book his trip around the dates of the Cotswold Olimpicks so he could take a kick at the sport, said Langill.

"I thought, 'I'm young, might as well do something stupid and crazy while I'm still young,'" he said.

"It felt like bashing my toes into the coffee table with each kick," he said. "After resting and looking the next day, I think I broke my big toe."

THANDI FLETCHER/METRO

Ross Langill won the Shin-Kicking World Championship on Friday. SCREENSHOT

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Cat café chases $50,000 crowdfunding goal

Vancouver feline fans have less than a week left to help launch the city's first cat café.

So far, Catfé's crowdfunding campaign has raised just over $25,000 with just a few days left to go before it closes on Friday, said Michelle Furbacher, the Vancouverite behind the concept.

Although the campaign has only raised about half of her $50,000 goal, Furbacher told Metro she is hopeful it will be enough to get the coffee shop off the ground.

"It's definitely a start," she said. "If we don't make our goal, it will probably take a little bit longer than we wanted to, but it's definitely going to happen no matter what."

To help reach her goal, Furbacher said she is sweetening the kitty for anyone who still wants to donate to the Catfé campaign.

Contributors will be entered into a draw for a chance to win a "mega-meowbox" from the Vancouver-based Meowbox, which offers monthly subscription boxes of kitty goodies, and could also get a social media shoutout to the more than 400,000 followers of the popular Cats of Instagram page.

The perk is the product of a partnership between Furbacher and fellow Vancouver cat entrepreneurs Erin Filtness, founder of Cats of Instagram, and Meowbox founder Olivia Canlas.

To comply with Vancouver Coastal Health's food safety regulations, Catfé will need to be divided into two rooms with separate entrances, Furbacher said.

On one side of the café, visitors will be able to order food and drinks, and will have the option to visit the cats on the other side.

Visitors can also adopt the cats, which will be supplied by Vancouver Orphan Kitten Rescue Association.

Cat cafés are popular in Japan, but the concept has yet to take off in North America. Plans are underway, however, for similar venues to open in Montreal, San Francisco and Oakland.

THANDI FLETCHER/METRO

Michelle Furbacher wants to open a cat café in Vancouver. CONTRIBUTED

Study: Hurricane Glen is scary, but Hurricane Glenda is deadly

What's in a name? Experiments show people are more likely to flee storms with masculine monikers

This 2012 photo shows a pile of sand and debris sitting near a house that was damaged by Superstorm Sandy in Brant Beach, N.J. A new psychology study shows that people are wrongly less prone to flee from hurricanes with feminine names, yet the study finds female-named storms have been deadlier in the United States than their macho-sounding counterparts. PATRICK SEMANSKY/THE ASSOCIATED PRESS FILE

People are slightly less likely to flee an oncoming storm with a feminine name than a masculine one, a new study finds.

But hurricanes with feminine names turn out to be deadlier in the United States than their more macho-sounding counterparts, probably because their monikers make people underestimate their danger, the researchers conclude.

In fact, the two deadliest storms to make landfall in the U.S. since 1979, when male names were introduced, were named Katrina and Sandy.

The study, which didn't involve any experts in meteorology or disaster science, was published Monday in the Proceedings of the National Academy of Sciences.

In six different experiments, more than 1,000 test subjects told behavioural scientists at the University of Illinois in Champaign that they were slightly more likely to evacuate from an oncoming storm named Christopher than Christina, Victor than Victoria, Alexander than Alexandra and Danny than Kate. They found female names less frightening.

"People are looking for meaning in any information that they receive," said study co-author Sharon Shavitt, a professor of marketing. "The name of the storm is providing people with irrelevant information that they actually use."

Shavitt said both men and women rated female storms less scary and they both "are likely to believe that women are milder and less aggressive."

It fits with other research about gender perception differences, she said. Sandy, while it can also be a male name, was chosen as a female name by weather authorities in 2012.

Shavitt said it also ranked as rather feminine when she asked a small group of people to assess names on a masculine-feminine scale.

Hurricane and disaster science experts, such as Massachusetts Institute of Technology's Kerry Emanuel, were skeptical at first. Then after more consideration, some — but not all — found merit in the work, noting that it is more about psychology rather than physical science.

Emanuel said confusion over whether 2012's Sandy was called a hurricane or post-tropical storm did cause confusion, so maybe names could make a difference too. He joked that maybe names matter and perhaps meteorologists should start using scarier-sounding ones like Jack the Ripper or King Kong.

But Susan Cutter, director of the University of South Carolina's Hazards and Vulnerability Research Institute, dismissed the idea that female-named storms are deadlier. She considered the study results just coincidence.

THE ASSOCIATED PRESS

Nova Scotia. Social media sites ordered to hand over info to help ID cyberbully

A unique Nova Scotia law aimed at squelching online harassment is being used for the first time to reach beyond Canada's borders to determine the identity of a cyberbully.

The province's CyberScan unit said Monday a Nova Scotia Supreme Court judge issued an order last week under the province's new Cyber-safety Act demanding information from Google, Facebook, Instagram, Pinterest, Snapchat and Canada's BCE Inc.

"It is the first order in Canada for that purpose," said Roger Merrick, the province's director of public safety. "It's groundbreaking for us."

The court order is seeking records that could identify the accused cyberbully, including home addresses, email addresses, user names, given names, account names and IP addresses.

The case involves a young woman in Halifax who has recently received threatening and harassing messages from an unknown person or persons accused of hacking her social media accounts, Merrick said.

"I can't give you too much information for fear of jeopardizing the investigation," said Merrick, adding that police are also investigating.

The CyberScan unit has yet to hear from any of the companies involved and the process could take months to complete, Merrick said.

He said police routinely issue production orders when seeking information from online sources while investigating criminal matters, including child exploitation cases. If the information sought is found in the United States, police turn to the Treaty on Mutual Legal Assistance to guide them. In this case, the CyberScan unit is relying on civil law procedures.

"This is the first one for us … (and) there may be a different process," Merrick said, adding there's no guarantee the companies will recognize the court order. "This is a learning process for us, too."

THE CANADIAN PRESS

25 years since Tiananmen

A Chinese couple have their picture taken outside the Forbidden City at Tiananmen Square on Monday in Beijing. Twenty-five years ago, on June 4, 1989, Chinese troops cracked down on pro-democracy protesters, leaving scores dead and injured. KEVIN FRAYER/GETTY IMAGES

Sex work. Survey reveals opinion split on key issues of prostitution legality

The results of a federal consultation on prostitution suggest a lack of consensus among people and groups interested in the subject.

A slight majority of those who responded to the Justice Department's month-long online consultation earlier this year felt that purchasing sexual services should be a criminal offence.

However, two-thirds of the more than 31,000 respondents said selling sex should not be an offence.

About six in every 10 participants said benefiting economically from the prostitution of an adult should be illegal.

The department received comments from 117 organizations, but did not reveal who they were.

Justice Minister Peter MacKay tweeted that the findings would be taken into account in coming legislation on prostitution.

THE CANADIAN PRESS

Massachusetts

Puppy finds itself in the driver's seat, makes a big splash

A German shepherd puppy owned by a Massachusetts man decided to go for a drive — straight into a pond.

John Costello said his 12-week-old puppy, Rosie, was so excited Sunday after going for a walk that she jumped in his running car, hit the gear stick and shifted into drive, before falling onto the gas pedal and sending the car careening into the water.

A couple of passersby saw the commotion and helped Costello rescue Rosie. Nobody was injured, but Costello says the Dodge Neon is a total loss.

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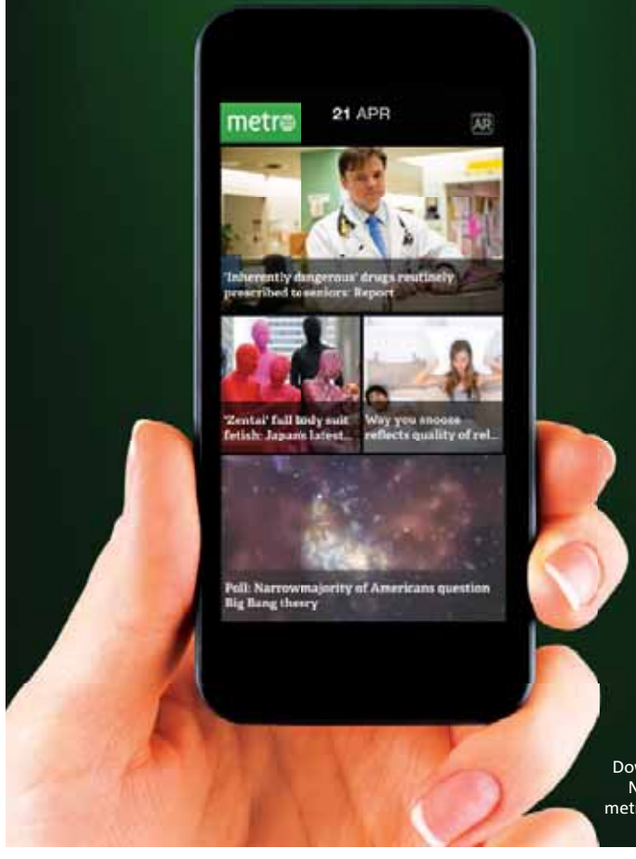
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From left, Sisters Anne Leonard, Josephine Badali and Arlita Matte, all members of the Congregation de Notre-Dame, discuss the release of Sister Gilberte Bussiere at a Montreal news conference Monday. GRAHAM HUGHES/THE CANADIAN PRESS

Freed nun called 'strong,' healthy

Missionaries in Cameroon. Canadian, 74, kidnapped with two Italian priests, held since April 5

A Canadian nun who has been released after two months in captivity in Cameroon is happy to be free, her congregation said Monday.

Gilberte Bussiere, 74, and two Italian priests were kidnapped on April 5.

"I spoke to Sister Gilberte this morning and her voice was strong and she was happy," said Josephine Badali, leader of the Congregation de Notre-Dame.

"She told me she had seen the doctor and from what we know at the moment, her health is good."

Bussiere, originally from Asbestos, Que., was kidnapped along with Gianantonio Allegri and Giampaolo Marta. All three had been working as missionaries in Cameroon.

"She asked me to thank everyone who supported her and helped secure her freedom," Badali told a news conference in Montreal.

It is still unclear when Bussiere will return to Canada.

Badali said Bussiere was to meet with the Cameroonian president on Monday.

THE CANADIAN PRESS

New Canada Conference. Young people invited to brainstorm Canada's future

JESSICA SMITH CROSS
Metro in Toronto

In order to celebrate Canada's past, bright young Canadian residents are going to brainstorm our country's future.

On the sesquicentennial of the 1864 Charlottetown Conference — that's 150 years after the conference that laid the groundwork for Canadian Confederation — the New Canada Conference will be held in Charlottetown as a flagship event in P.E.I. in 2014.

Canadians and permanent residents aged 19 to 24 (as of Sept. 1) are invited to apply to become one of the 100 delegates who will receive an all-expenses paid trip to Charlottetown for the conference, from Aug. 31 to Sept. 3.

There they will participate in a brainstorming session about the future of the country with the help of some yet-to-be announced prominent Canadians.

"The vision of Confederation was first articulated in Prince Edward Island and Prince Edward Island was the birthplace of Confederation," said Penny Walsh McGuire, the CEO of PEI 2014.

Walsh McGuire said she hopes to be surprised by the ideas from the young people. The application process requires a 150-second video or 400-word essay telling the applicant's story of Canada, and two references.

More details are available at ncc-cnc.ca.

Looking ahead

The discussions will concentrate on these areas:

- Civic engagement and community
- Technology and media, wealth and prosperity
- Ecology and resources
- Canada's place in the world
- Justice and equity
- Arts and creativity
- Learning and social development

New search begun in case of girl missing 7 years

Portugal. 3-year-old Madeleine McCann vanished from a resort room in 2007

Portuguese and British officials plant markers on the ground inside a cordoned-off area, in Praia da Luz, Lagos, southern Portugal, Monday.
FRANCISCO SECO/THE ASSOCIATED PRESS

Police investigating the disappearance of Madeleine McCann on Monday cordoned off scrubland near the resort where the British girl vanished seven years ago.

Officers placed yellow-and-white police tape around the waste ground, which is larger than a soccer field and covered in bushes and some trees.

Officials have previously said detectives may use excavators, dogs and ground-penetrating radar as they scrutinize the terrain.

Officials made no immediate comment on Monday's developments. Cases that are under investigation in Portugal are covered by a judicial secrecy law, which forbids the release of information.

The scrubland is about 300 metres from the Praia da Luz resort in southern Portugal where Madeleine vanished from her family's vacation apartment in May 2007, shortly before her fourth birthday. The area was searched in the days following her disappearance.

Authorities in Portugal and Britain said recently they would conduct new searches in coming weeks after reviewing the case file and a new public appeal for information.

Portuguese police closed the case in 2008 because authorities had detected no crime. The public prosecutor's office in Lisbon last year reopened the investigation, saying new leads emerged during the case review though it did not elaborate.

THE ASSOCIATED PRESS

Protests over rape in India intensify

Women activists of the Bharatiya Janata Party face police water cannons outside the office of Uttar Pradesh state Chief Minister Akhilesh Yadav in Lucknow, India, on Monday. They're demanding a crackdown on the increasing attacks on women and girls, like the case of the two teens who were gang-raped and found hanging on a tree last week. THE ASSOCIATED PRESS

Thailand

Journalists object to cops apparently posing as reporters

Thailand's main press association said Monday it is gravely concerned that undercover police appear to be posing as journalists after a video circulated showing a man with official press ID arresting an anti-coup protester in the capital.

Police did not return several phone calls seeking comment.

Thailand's ruling military junta has launched a major campaign to suppress dissent since staging a coup on May 22. On Sunday, authorities said about 5,700 soldiers and police were deployed around Bangkok to stop planned anti-coup demonstrations.

THE ASSOCIATED PRESS

Renewed violence

Rogue Libyan general leads war on Islamist militias

Helicopters attacked camps and strongholds of Islamist militias Monday in eastern Libya as part of a nearly three-week offensive by a renegade general, violence that killed at least 18 people and sent civilians fleeing in panic, authorities said.

Militiamen responded by firing rocket-propelled grenades and anti-aircraft guns at the attacking troops allied with Gen. Khalifa Hifter.

A former Gadhafi-era army chief, Hifter has rallied support from the country's weakened military, its anti-Islamist politicians, tribes and diplomats, vowing to crush Islamist militias. THE ASSOCIATED PRESS

Kidnapped girls

Nigerian gov't bans protests in capital

Nigerian police say they have banned protests in the capital demanding that the government rescues the more than 200 girls still held captive by Boko Haram militants.

Altine Daniel, a spokeswoman for Abuja police, confirmed the ban in a text message, saying it was "because of security reasons."

A core group that is part of the Bring Back Our Girls campaign has accused the government of sponsoring a new group, known as Release Our Girls, shifting the responsibility of the kidnapping from the government to Boko Haram, the militant group that has killed thousands in its campaign to establish an Islamic state in Nigeria. THE ASSOCIATED PRESS

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Pro-Russia rebels attack guard base in east Ukraine

Five rebels killed. The conflict between Ukrainian forces and pro-Russia insurgents has escalated markedly in the past week

A Pro-Russia rebel fires at Ukrainian troop positions from an apartment in Luhansk. VADIM GHIRDA/THE ASSOCIATED PRESS

Hundreds of pro-Russia insurgents mounted a day-long assault on a border guard base in eastern Ukraine on Monday, with some firing rocket-propelled grenades from the roof of a nearby residential building and prompting the deployment of air support by government forces.

At least five rebels were killed when the guards returned fire, a border guard service spokesman said.

Some 10 kilometres away, a blast at an administrative building held by insurgents claimed more lives. A health official for the Luhansk region said that at least seven people had been confirmed dead in the incident, which rebels described as a government airstrike.

Authorities denied carrying out a strike and said the blast was caused by misdirected rebel fire from a portable surface-to-air missile launcher.

Russia's Foreign Ministry swiftly condemned what it described as a government attack on the rebel-held building and urged U.S. Assistant Secretary of Defence Derek Chollet, who was visiting Kyiv on Monday, to help calm unrest in Ukraine. "We urge our Western partners to use their influence on Kyiv to stop Ukraine from descending into a national catastrophe," the ministry said. Fighting was still reportedly ongoing as darkness fell Monday.

THE ASSOCIATED PRESS

Abbas. Palestinians form new unity government; Israel wants it shunned

Palestinian President Mahmoud Abbas swore in a national unity government Monday, formally ending a crippling seven-year split with his Islamic militant Hamas rivals but drawing Israeli threats of retaliation.

The formation of the unity government and Israel's tough response are part of a wider competition between Abbas and Israeli Prime Minister Benjamin Netanyahu for international support since the collapse of U.S.-led peace talks between them in April.

Abbas praised the 17-member unity government, made up of technocrats backed by Hamas and his Fatah movement, as a milestone.

"This black page in our history has been turned forever and will never come back," he said, referring to the Palestinian split that broke open with the Hamas takeover of the Gaza Strip in 2007.

For seven years, the rivals ran separate governments, with Hamas in Gaza and Abbas ruling autonomous areas of the West Bank. Netanyahu said the new government should be shunned because it leans on support from Hamas, a group labelled as terrorist by the West.

Abbas "said yes to terrorism and no to peace," Netanyahu said. Abbas said his new cabinet opposes violence and recognizes Israel, complying with conditions the West has set.

THE ASSOCIATED PRESS

Changing times

U.S. State Department spokeswoman Jen Psaki said the Americans intend to work with the new Palestinian government despite Israel's concerns. Psaki also said U.S. Secretary of State John Kerry called Netanyahu to relay the position.

- Israeli officials said they are "deeply disappointed" by the U.S. position.

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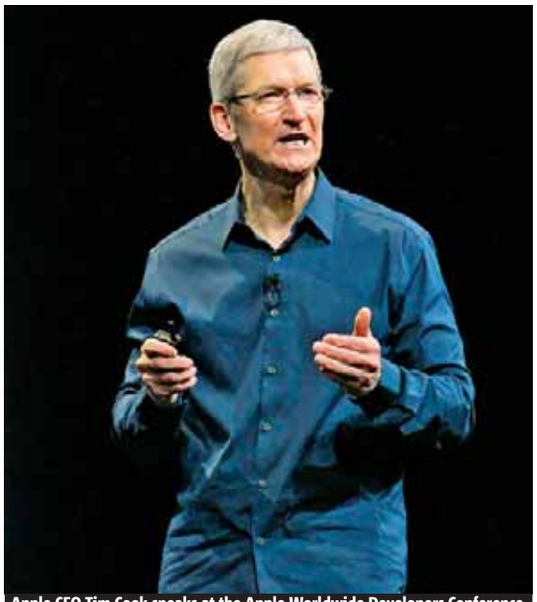
An Apple a day keeps the competition away: Health app part of preview



Apple CEO Tim Cook speaks at the Apple Worldwide Developers Conference event in San Francisco Monday. JEFF CHIU/THE ASSOCIATED PRESS

25th annual software conference. Apple introduces built-in health-management tool for iOS 8 after Samsung rolled out fitness features in Galaxy S5

Apple's Mac operating system is getting a new design and better ways to exchange files, while new features in the software for iPhones and iPads include one for keeping tabs on your health.

Apple executive Craig Federighi pointed out that data from various fitness-related devices now live in silos, so you can't get a comprehensive picture of your health. That will change, he says, with HealthKit coming to the new mobile software, iOS 8.

Apple is also making it easier for various devices to work together. Macs and mobile gadgets will share more features, and you can share and sync files between the two more easily.

The company is previewing the new features at its 25th annual conference for software developers in San Francisco. The free updates will come this fall, though developers got a test version Monday. Here are the highlights on what's been announced and what's coming:

Changes to Mac computers:

• The next Mac system will be named Yosemite, after the national park, now that Apple is naming it after California locales rather than cats.

• You'll be able to search for content on the computer and on the Internet at once, similar to a feature available with Microsoft's Windows 8.

• Apple is expanding its iCloud storage service so that you can store and sync files of any type.

• The Mac's Safari Web browser will have more privacy controls and ways to share links more easily.

Changes to iPhones and iPads:

• Like the new Mac OS, the iOS 8 system will have a universal search tool, to cover both your device and the Internet. It will also get the iCloud Drive service.

• The new software will sport interactive notifications, so you can respond to a message without having to leave another app. It will have new gestures, such as double tapping to see a list of frequent contacts.

• A "quick type" feature promises predictive typing suggestions, rather than just spelling corrections.

• iOS 8 will have a built-in health-management tool to help people track their vital signs, diet and sleeping habits. Apple's chief rival, Samsung Electronics Co., incorporated fitness-related features in its latest flagship phone, the Galaxy S5.

• Although the Mac and iOS systems are separate, Apple CEO Tim Cook says the two have been engineered to work seamlessly together.

Apple typically announces new iPhones in September and new iPads soon after that.

THE ASSOCIATED PRESS

Market Minute

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THAT'LL BE THREE LOBSTERS EVEN

SHE SAYS

Jessica Napier
metronews.ca

On a recent trip to Prince Edward Island, I met a fisherman on his way to see a man about a lobster — three lobsters, in fact. The fresh-caught seafood was his form of payment to a kind neighbour who had recently fixed his computer. I heard similar stories from farmers who trade food among their friends, offering eggs for produce and beef for pork. Intrepid locals from across the region are able to feed themselves without any sort of official cash transaction.

Bartering was once a ubiquitous method of payment used around the globe long before currency was introduced. And while this ancient economic model might seem better suited to rural communities, I think there are plenty of ways urbanites can cash in (so to speak) on the trend by outsourcing their skills outside the current capitalist system.

Swapsity and similar online communities match users based on needs and desires. Users can barter almost anything — skills, services and stuff — to trade what they have for what they want. It's an appealing idea, turning a few hours of babysitting into a bag full of clothes or swapping a stack of used books for a ride to the airport.

Home Exchange and Couchsurfing offer vacation-specific swapping services for travellers looking for beds in foreign countries. There are even business-to-business trading sites that give emerging and established companies the chance to exchange professional services in the name of business development.

The barter system isn't a perfect economic model. It's hard to evaluate goods and services against one another without a formal pricing model. We currently need to quantify goods and services on a mass scale — a banana is 59 cents, a plane ticket to Europe is $989 — but when it comes to bartering among individuals, price and value become more relative. Is an hour of babysitting equivalent to an hour of personal training? Perhaps it is to you.

Unfortunately, I can't pay off my property tax bill by offering the city a few hours of free landscaping work. There will always be a need for some form of legal tender — even if old-fashioned cash and coins become obsolete in favour of bitcoins or another form of electronic currency.

But it's an empowering feeling to get what you want and help others without having to bother with any sort of monetary transaction.

The barter system works because we can play to our strengths and find creative solutions to obtain what we need without spending a cent.

Take that, capitalism

It's an empowering feeling to get what you want and help others without having to bother with any sort of monetary transaction.

ZOOM

Land of the Rising Sun, after dark

A group of botaru fireflies take flight in a wooded area. "The flight can create a spectacle that seems to come from a fairy-tale world," says photographer Takehito Miyatake. COURTESY TAKEHITO MIYATAKE

Seeing Japan in a new light

It's known as the Land of the Rising Sun, but in these photos, Japan is the land of zipping fireflies, sparkling squid and volcanic lightning.

In his vivid images ranging from the erupting Sakurajima volcano to a forest bathed in the ethereal glow of fireflies in flight, photographer Takehito Miyatake explores the interplay between what he describes as the "light of Japan" and the natural landscape.

METRO

Sparse verse serves as inspiration

Miyatake was inspired by waka, a minimalist style of Japanese poetry that consists of five lines in a 5-7-5-7-7 metre.

"Both waka and photography can express nature concisely. With photography it can be a single image, with waka it is a poem of limited words, but also profound."

His photographs are on display at Steven Kasher Gallery in New York City until June 7.

METRO

Lightning striking at Sakurajima volcano. COURTESY TAKEHITO MIYATAKE

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MetroTube

Sk8ter girl lands 540

REBECCA WILLIAMS
readers@metronews.ca

What were you doing at age nine? Maybe you were riding your bike to school? Playing road hockey on the weekends? Unlike this Aussie girl, though, you probably weren't landing a 540 — a skateboarding trick involving one and a half full airborne rotations — on a half-pipe.

After a couple of tough wipeouts, Sabre Norris's reaction to landing her trick is worth every second of this video.

GETTY IMAGES

(Via The Berrics/YouTube)

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See that symbol? It means you can scan the photograph below with your Metro News app to see a clip from Chef.

DVD review

Lone Survivor

Director. Peter Berg

Stars. Mark Wahlberg, Taylor Kitsch

Lone Survivor is a serious change for the better for Battleship bomb maker Peter Berg. It's based on the thoughtful memoirs of now-retired Navy SEAL Marcus Luttrell, the sole man left alive out of 20 U.S. soldiers caught in a 2005 firefight in the mountains of Afghanistan's Kunar province. For all of its macho intensity — booming bullets, whirling chopper blades and falling bodies — Lone Survivor isn't just another war movie. We see the conflict from both sides, although the American one gets the most screen time and our immediate sympathies. Mark Wahlberg plays Luttrell, part of a "fire team" quartet of SEALs dropped by helicopter into a mountainous Taliban stronghold. The others are team leader Michael "Murph" Murphy (Taylor Kitsch), gunner's mate Danny "Danny Boy" Dietz (Emile Hirsch) and sonar ace Matthew "Axe" Axelson (Ben Foster). The actors are almost unrecognizable behind scruffy beards but they all deliver the goods.

PETER HOWELL

Robocop

Director. Jose Padilha

Stars. Joel Kinnaman, Gary Oldman

RoboCop 2014 should by rights be a sleeker ride than Paul Verhoeven's 1987 predecessor, given all the CGI advances since then, yet it clanks where it ought to purr. The essential story remains, pushed to 2028 from the previous mid-1990s setting, but still set in a blighted Detroit. In the almost laugh-free remake, people stand around a lot talking about the ethics of biomechanics, and fussing over family and business matters, rather than just setting RoboCop loose to blast away.

PETER HOWELL

Chef is a little movie with lots of meat

Jon Favreau, right, directs, produces and stars in Chef. CONTRIBUTED

The power of drama. Director Jon Favreau says this small film packs as much punch as his blockbuster work like Iron Man

RICHARD CROUSE
scene@metronews.ca

The director who used elaborate special effects to make Iron Man soar through the night sky and a spaceship land in the Wild West says, "there is nothing more cinematic and exciting than watching food be prepared."

Jon Favreau, helmer of blockbusters like Iron Man 1 and 2 and Cowboys & Aliens, adds, "Modestly budgeted films like Eat Drink Man Woman or Jiro Dreams of Sushi are as compelling as any big budgeted Hollywood movie."

In his new film Chef (which he wrote, directed, produced and stars in), Favreau plays Carl Casper, a chef set on a new culinary path after an influential food critic gives his restaurant a savage review.

The nugget of inspiration for the movie came two decades ago when Swingers, another film Favreau wrote and starred in, became a hit.

"The Big Night came out the year Swingers did," he says, "and I remember seeing that film and feeling like they had really accomplished so much. With Swingers we had certain modest accomplishments. I was satisfied with it, but Big Night felt like a movie and felt like they had captured something larger.

"Maybe that was in the back of my head for the last 20 years. There was an envy that I had of what they were able to accomplish with the music, the culture, the performances, the food and how delightful it was. So I finally got to make my food movie."

In those 20 years, Favreau has been in the Hollywood trenches as a producer, director, actor and writer and is quick to note the similarities and differences between the story of Chef and his real-life work in the movie business.

"The archetypes of the players on the stage in the food world and the movie world are very similar," he says.

"The stakes are a bit higher in the food world, which is why it is dramatically appealing. One bad review can shut you down. Right now, the way reviews work in movies is that you're reading 90 reviews. It's all on Rotten Tomatoes, a compilation of numbers and you don't really have that personal relationship with a specific critic as you do in the theatre world or the food world. In the food world you are eye-to-eye with that critic and you are eye-to-eye with the customer and when that food gets sent back to the kitchen you are looking at that plate. It's a lot different."

Favreau's next film is a live-action remake of The Jungle Book, but he says he'll likely flip-flop between big- and small-budget films in future.

"If I knew I could come up with a small story that I'd be excited about, next year I'd do this again but honestly, it hasn't been since Swingers that I've been able to sit down and write something so fully formed so quickly.

"I somewhat envy the filmmakers who can come up with a small story each year because this was the best experience I've ever had."

Quoted

"I somewhat envy the filmmakers who can come up with a small story each year because this was the best experience I've ever had."

Jon Favreau on making Chef

SCENE

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Sandra's snagged herself a superhero

MELINDA TAUB
Metro World News

I don't know why I feel protective of Sandra Bullock. She's doing fine. She's very wealthy and famous. She makes hit movies where she plays astronauts and cops. She is still incredibly beautiful. If anything, she should feel protective of me, since I have none of those things (well, I am a stone cold fox). Still, I'm solidly in her corner, which is why I am so glad to hear that she might be dating Chris "Captain America" Evans. Sandy has earned herself a hunk.

The Gravity star and Evans have reportedly begun seeing each other, though nothing serious is going on yet.

"They are not in a relationship, but they are definitely hanging out and are in the early getting-to-know-each-other phase," a source told E! News. "They haven't put a title on it, but they really like each other."

Evans and Bullock have been spotted dining together with friends several times this spring. The relationship would be a dream come true for Evans, who is 17 years Bullock's junior and says he had a big poster of Speed-era Sandra on his wall growing up.

Aww.

True love means dating someone you were obsessed with as a child.

It's over, it's over, or is it far from over? Drake and Rihanna call it quits again

It's apparently over again for Rihanna and Drake — at least as long as she wants it to be. "She gave him his marching orders and he's destroyed," a source says, according to Star magazine. "Drake was ready to walk away for good after Rihanna dropped him, but she has this power over him. All she needs to do is snap her fingers and he'll go running back to her. Drake is convinced that Rihanna has self-esteem issues and is pushing him away because she doesn't believe in or trust true love, which isn't surprising after the crazy stuff that happened with her and Chris (Brown). All of Drake's crew wish he'd forget about her and move on, but he's hooked — no matter how upset, hurt and angry he is with her right now."

Twitter

@carriefisher
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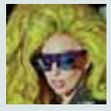

@ladygaga
I could listen to Bruce Springsteen for the rest of my life. I think I will.

Thieves plunder Miley's property

If anyone tries to sell you a white 2014 Maserati for cheap this week, think twice about taking the deal: Just such a car was stolen from Miley Cyrus' house this weekend. The LAPD are investigating a break-in at Miley's house on Saturday night. The singer was out of the country on tour, but her assistant noted that something seemed off about the house when she arrived on Sunday morning and called the cops, according to TMZ. One thing that was certainly off: Miley's car was gone. Thieves made off with the 2014 white Maserati Quattroporte, reportedly valued at $102,000, as well as some of Miley's jewelry. There was no sign of forced entry, but police say the suspects, a man and woman, scaled a fence and gained entry to Miley's garage.

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TRUE NORTH nutrition

Keeping it au naturel

The Canadian Health Food Association (CHFA) has rounded up the most popular natural developments for the summer season from natural health retailers, suppliers and health experts. CHFA holistic nutritionist Michelle Book breaks down the Top 4.

IZABELA SZYDLO life@metronews.ca

Natural hydration

Three waters are making waves to help you stay hydrated this summer. The first is maple water, a new, trendy drink filled with minerals such as potassium, calcium, magnesium and manganese. Bonus? It's local! Then there's coconut water, an especially popular choice considered nature's "natural sports drink." Its sweet and nutty taste keeps thirst at bay, and it's high in potassium and electrolytes, and contains no artificial colours or sweeteners. Lastly there's Kombucha, another trendy drink. Found at your local health-food store, it is produced by fermenting black tea using a symbiotic colony of bacteria and yeast. Not only is it thirst quenching, it supports kidney and liver function. Although all these drinks do contain sugar, they have significantly less than many of the sports drinks, juices and sodas that tend to be so popular during the summer.

Natural skin care

When choosing sunscreen, I recommend a mineral-based one, which contains zinc oxide and titanium dioxide. Mineral-based sunscreens help to shield your skin by lying on the surface of the skin and reflecting potentially damaging UVA and UVB rays. There are many options that are also biodegradable and reef safe. Aloe vera is my go-to for soothing skin that has been in the sun. It can help to reduce the pain and irritation, and help to heal the delicate layers of your skin. When a sunburn does occur, more water is sent to the skin, so it's important to lock in that water with a good moisturizer to avoid dehydration. Don't confuse aloe with coconut oil, which is also a moisturizer that is seeing more attention this summer and is a great option to add to your summer skin-care regime.

Label literacy

More Canadians are demanding simple labelling. Common labels to look for are the Canadian Organic Symbol, GMO-free and fair trade. For the first, all foods with 95 per cent or more organic ingredients will have this logo on the package. Whenever possible, I recommend opting for organic. You are not only investing in your health, but also supporting sustainable environmentally friendly practices and animal welfare. GMO-free means the product does not contain any genetically modified organisms. While the debate surrounding GMO food continues, if this is of concern to you, I recommend going organic to ensure what you are eating has not been genetically modified. Fair trade has been created to achieve better trading conditions and to promote sustainable development. Products that are classified as fair trade have been produced to support greater equity by offering improved trading conditions and respecting the producers, who are often from developing countries.

Superfoods

Health experts are buzzing about watermelon and coconut. Watermelon is extremely hydrating and provides a lot of important minerals. It's a great source of lycopene, which is a potent antioxidant pigment with a growing list of benefits from prostate health to skin care. Coconut also continues to be all the rage this summer. It is being used in so many different and tasty ways — from ice cream to chips to coconut soy sauce. I personally love coconut chips, made from roasted slices of coconut. They can also be used as a topper to give your fresh summer salad a bit of extra crunch and flavour. Watermelon is always my go-to summer snack when it gets really hot. I keep it cut up in the fridge or I throw it into the blender with some ice and coconut water to make a 'slurpee.' Finally, seaweed snacks are great because they have no artificial colours or preservatives, and are virtually fat-free.

Do Canadians care about nutrition?

More Canadians think they're doing well when it comes to nutrition, according to a new study by the Canadian Foundation for Dietetic Research and Dietitians of Canada.

Tracking Nutrition Trends 2013 found that almost 80 per cent of Canadians consider their eating habits and health to be good to excellent, slightly higher than the results found in the previous survey in 2008. Despite this, fewer than two-thirds of Canadians report eating breakfast, though it was slightly higher at 63 per cent in 2013 compared with 58 per cent in 2008.

"I think we can take that and say there's room for improvement, there's room for action and there's a need to communicate what are the simple solutions that Canadians can put into place," said Kate Comeau, registered dietitian and a spokesperson for Dietitians of Canada.

Canadians seem to be embracing the idea that adopting good eating habits and lifestyle can contribute to better health, Comeau said. The survey found 92 per cent of Canadians had done something to improve or change their eating or drinking habits over the past year, with the top three being eating more fruits or vegetables, reducing salt/sodium and reducing sugar.

"I think that the message about sugar and sodium, those are two that have been coming out fairly often in the media and I think people are listening. They're simple things that people can be doing to continue on that path, things like satisfying your thirst with water to reduce your sugar intake," she said. "Sometimes we feel as dietitians that that message is getting tired and people must be thinking we're broken records always talking about vegetables and fruits, but it really is so important," Comeau added.

The survey, which has been done eight times since 1989, showed 91 per cent of Canadians said taste is the No. 1 influence for food. "It is important to think about ways to boost flavour without necessarily adding in the sugar, salt and fat," said Comeau, suggesting using fresh herbs, spice blends, lemon or lime juice and balsamic vinegar. THE CANADIAN PRESS

Kate Comeau, a registered dietician, says it is encouraging that two-thirds of Canadians are getting information from food product labels. GILLES COMEAU/ THE CANADIAN PRESS

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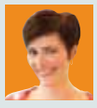
See that symbol? It means you can scan the photograph below with your Metro News app.
Every wonder about sprout farms? Who hasn't?! Theresa Albert visits one.

Everything's coming up sprouts

This recipe serves four. THERESA ALBERT

Health Solutions

All hail the arrival of burger season



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

I could spend a few hundred words scaring you off ground meats or share how carcinogenic the charred proteins are.

But why bother? We will both be enjoying a few burgers regardless.

The trick is to minimize the damage and maximize the pleasure.

Do this:

• Always use a meat thermometer on ground meats. Insert it horizontally and check a couple of spots in the thickest part of the burger.

• Chicken, beef and salmon all need to be fully cooked to well done. One small speck of E. coli or salmonella can cause tremendous illness.

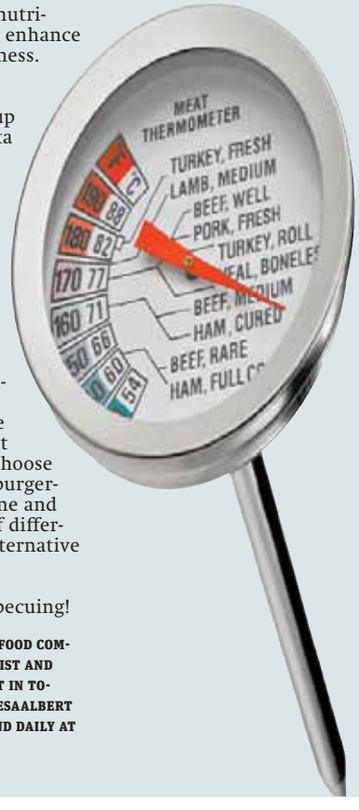
• Use moist and nutritious toppings to enhance flavour and juiciness.

• Some gourmet ingredients can up your game: ricotta cheese, blue cheeses, pesto sauce, a variety of mustards, fresh vegetables, baby lettuces and sprouts all add a burst of taste

• Go beyond the bun! Paleo-friendly lettuce, kale or nappa cabbage leaves make great bases. If you do choose bread, keep the burger-to-bun ratio in line and don't be afraid of different grains and alternative flavours.

Practise safe barbecuing!

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Whether you make your burgers at home or choose a pre-made or frozen product, you don't have to go ho hum. Gourmet toppings will elevate your taste buds and experience. Making sure that you add ingredients that boost moisture and flavour is easy with this recipe. Mixing pesto sauce with ricotta cheese is a great tip for dip or topping. It warms nicely and coats the burger with kind of pleasant ooze that summer is all about.

1. Fire up the grill and cook burgers thoroughly while you mix ricotta cheese and pesto sauce together.

2. Spread on both top and bottom of buns and add a big dollop to each burger once cooked.

3. Top with sprouts instead of lettuce and tomato. **THERESA ALBERT OF MYFRIENDINFOOD.COM**

Ingredients

- 4 chicken burgers
- 1 cup ricotta cheese
- 3 tbsp pesto sauce
- 4 ciabatta buns
- 1 cup pea sprouts or mixed sprouts
- Grainy mustard

CFL

Lions cut QB Hart after first day of training camp

Chris Hart's biggest asset was his arm. He could throw the ball with strength and at a spectacular distance.

But there's more to being a quarterback, and, in the end, his raw rocket for a right arm, not always accurate, didn't give him a clear advantage over newcomer and Missouri Western product Travis Partridge, who the B.C. Lions signed last week prior to the start of training camp.

As a result, the Lions cut Hart, about to enter his second season with B.C., after one day of the main camp.

"If someone's had a year's head start on a certain candidate, you want to see a clear edge and make sure you're heads and tails above the other person," said head coach Mike Benevides.

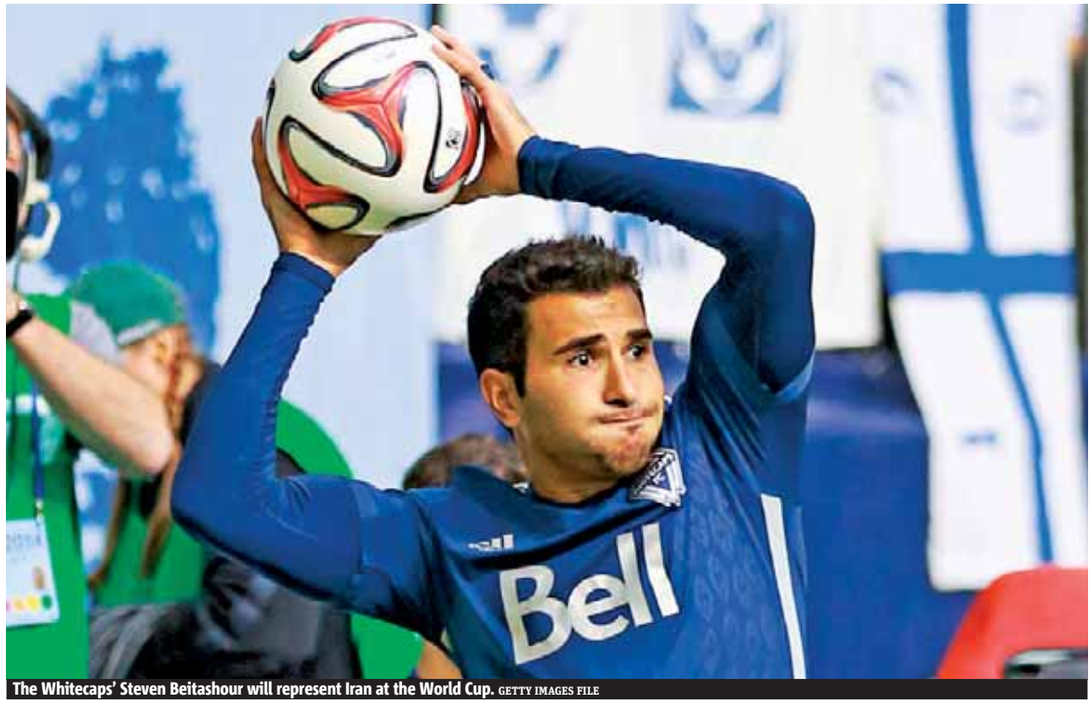
There are now four quarterbacks in the Lions' camp, and three with significant professional football experience.

B.C. is set with Travis Lulay planned to be the starter, however, he conceded it remains to be seen if he'll be ready for the opening of the season after off-season shoulder surgery.

Kevin Glenn is entering his 14th CFL season. John Beck, likely the third-string quarterback when the season gets going for real, has six years worth of NFL experience.

"I'm really just trying to be a sponge," said Partridge, who went to the Minnesota Vikings camp before the Lions contacted him in mid-May.

CAM TUCKER/METRO



The Whitecaps' Steven Beitashour will represent Iran at the World Cup. GETTY IMAGES FILE

Whitecaps defender is World Cup bound

Steven Beitashour. Veteran right back will represent Iran on soccer's biggest stage

CAM TUCKER
cam.tucker@metronews.ca

The Vancouver Whitecaps will have one of their own competing on the world's largest soccer stage.

The local Major League Soccer club announced Monday morning that right back Steven Beitashour has been named to the final roster for Iran's squad that will compete at the 2014 FIFA World Cup in Brazil later this month.

The 27-year-old Beitashour is in his first season with the Whitecaps, having spent the previous four years of his MLS career with his hometown San Jose Earthquakes.

Born in San Jose to Iranian parents, Beitashour has previously been called up to train with the U.S. national team, but had not played an international match for that nation, so he remained eligible to be selected for Iran.

He made his international debut for Iran last October. Now, he's headed for Brazil.

Iran is in Group F for the tournament, along with Argentina, Bosnia and Herzegovina, and Nigeria.

"You always hope, you always dream, you always (think) that would be so cool to be there one day," Beitashour told Metro in April, before he departed Vancouver for Iran's camp.

Since joining the Whitecaps in January — he was acquired from the Earthquakes in exchange for allocation money, with Vancouver's head coach Carl Robinson praising him as arguably the best right back in MLS — Beitashour has played in and started 10 regular-season matches, with two assists.

Follow Cam Tucker on Twitter @camtucker_metro

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Scan the image with your Metro News app for more from Paris, including which pop star held court during Rafael Nadal's Monday victory.

Back pain or not, Nadal owns Paris

French Open. Rafa wins 32nd straight match at clay Grand Slam

Spain's Rafael Nadal returns during his third-round match of the French Open against Argentina's Leonardo Mayer in Paris, on Saturday. Nadal now has a record 32 consecutive victories at Roland Garros. MICHEL EULER/THE ASSOCIATED PRESS

Maybe, just maybe, Rafael Nadal was a tad vulnerable, the thinking went before this French Open.

He had lost three times on his beloved red clay already this year, more defeats than he ever had on the surface before heading to Roland Garros.

Then came an admission, after the Grand Slam tournament's third round, that his back was bothering him and slowing his serves.

Well, leave it to the eight-time French Open champion's upcoming quarter-final opponent — 2013 runner-up David Ferrer, one of the men who beat Nadal on clay this spring — to set the record straight.

"Rafael," Ferrer said, "is always the favourite."

Nadal certainly looked the part in the fourth round Monday, when he won 18 points in a row during one stretch en route to beating 83rd-ranked Dusan Lajovic of Serbia 6-1, 6-2, 6-1 for a record 32nd consecutive victory at the French Open. That broke Nadal's own mark of 31 and moved him a step closer to a fifth straight title in Paris.

The No. 1-ranked Nadal, now 63-1 for his career at the tournament, has won all 12 sets he's played in Paris in 2014.

THE ASSOCIATED PRESS

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metro

Horoscopes

♈ Aries
March 21 - April 20
Focus on things that bring a smile to your face. The way you think about life will determine how enjoyable, or how difficult, it is going to be.

♉ Taurus
April 21 - May 21
Watch what you spend over the next 24 hours because if you go over the top you are sure to regret it. The planets warn you may not be as well off as you seem to believe. Watch out for hidden costs.

♊ Gemini
May 22 - June 21
Don't make too many plans today because most likely they will have to be changed. Just go with the flow and trust that the tide of events will wash you up some place that is to your liking.

♋ Cancer
June 22 - July 23
There is a danger you will believe the powers that be have got it in for you. Nothing could be further from the truth. Your only real enemy at is your overactive imagination!

♌ Leo
July 24 - Aug. 23
This is probably not a good time to commit yourself to a new project. Certain people cannot be trusted, no matter how upbeat they may be about what you are doing together.

♍ Virgo
Aug. 24 - Sept. 23
You have big ambitions and you have what it takes to reach the top. However, the planets warn if you act in haste you will repent at your leisure, so don't be too eager to follow your dream – it could turn into a nightmare.

♎ Libra
Sept. 24 - Oct. 23
Your confidence may be high but don't get carried away. There are things going on behind the scenes that suggest you could be in for a shock.

♏ Scorpio
Oct. 24 - Nov. 22
Don't lose your perspective and get angry about something that would not usually bother you. And don't worry too much if you lose out financially either – you'll more than make up for it later.

♐ Sagittarius
Nov. 23 - Dec. 21
Keep the momentum going today because if you slow down, your energy could tail off dramatically. Also, don't attach too much importance to a relationship problem. It's not as bad as it seems.

♑ Capricorn
Dec. 22 - Jan. 20
You will be required to take on more tasks and responsibilities and though it may seem as if you are being unfairly restricted, you will be repaid in full later.

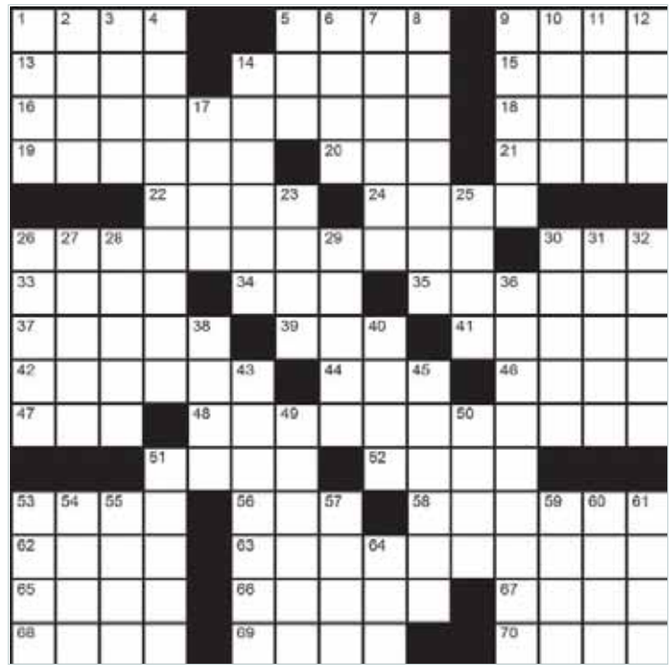
♒ Aquarius
Jan. 21 - Feb. 19
Life seems more vibrant and exciting now and in a way that's strange as nothing much has actually changed. What is different is your attitude: You are determined to find silver linings everywhere.

♓ Pisces
Feb. 20 - March 20
Your feelings will be rather intense over the next 24 hours. If you prefer to live more through your heart than your head that's quite all right. Nothing bad will come of it. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

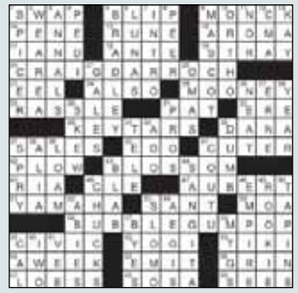
BY KELLY ANN BUCHANAN



Across
1. Vlad, e.g.
5. Applaud
9. Sprint
13. "..._ _ tete, Alouette..."
14. "__ Vista Social Club" (1999)
15. Adhere
16. __ report (Autopsy results component)
18. Happy
19. Particular piano
20. They, in Montreal
21. Same: French
22. __ and bobs
24. Ingrid's celebrated role
26. Canadian Tiger __ Butterfly
30. 'Headache' in French, __ de tete
33. _ _ land
34. Damage
35. __ pants (Comfy clothing)
37. "So I sing _ _ of love, Julia." - The Beatles
39. Margarine container
41. Tunisia's capital
42. 2-worded golf film
44. As written
46. Tip to 'tion' (Car's key spot)
47. Nice summer?
48. British explorer, b.1728 - d.1779, who navigated much of the world, including Canada: 2 wds.
51. Soup vegetable
52. Dagger
53. Lima's land
56. Buenos Aires' shortened location
58. Texas city: 2 wds.
62. Image
63. Boeing 787 __ (New addition to Air Canada's fleet)
65. Swanky
66. Ancient Greek colony
67. Coiffure goos
68. Exclusive
69. __ cell research
70. Love letter's envelope letters

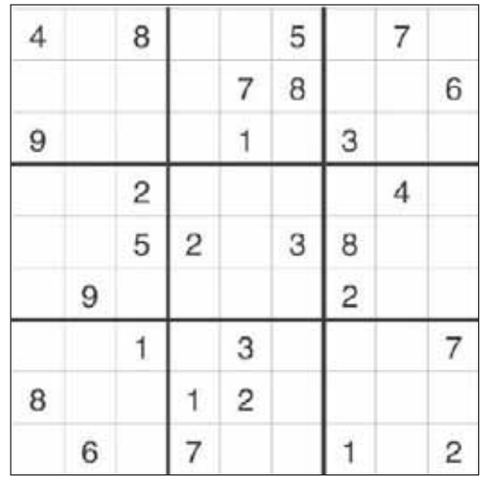
Down
1. Dog docs
2. Perched on
3. Gladiator's 1061
4. French for 'white bread': 2 wds.
5. __-de-sac
6. Q. "What's Mr. DiCaprio's first name?" A. "Hmmm... __, _ believe."
7. Latin name for 'England'
8. Employee's cheque-getting record
9. 1999 flick in which Alanis Morissette plays God
10. Competent
11. Crease
12. Jekyll and __
14. Drake song: "Started from the __"
17. Put a 'roof' on a room
23. 2003 Samuel L. Jackson/Colin Farrell m.o.v.i.e.
25. Shutter segment
26. Writing tablet
27. "How __ __?" (Did you enjoy that movie?)
28. Separate
29. Have faith in
30. Tropical fruit
31. __ acid
32. Type of vision correction surgery
36. Corky and the __ __ (Canadian comedy/music act of the '90s)
38. Icky substance
40. Prejudice
43. French star Vanessa, Johnny Depp's ex
45. Movie theatre
49. Chatty bird
50. Beloved of fictional Mountie Dudley Do-Right
51. Small quantity
53. Photos
54. Repeat
55. Churn
57. Kiss band member
59. Bit of "Feeling Good": "It's _ __ dawn..."
60. Ms. Ward
61. Russian city
64. Purpose

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

4	8	9	2	5	7	3	1	6
6	7	5	3	1	8	9	4	2
3	1	2	6	4	9	8	5	7
5	9	1	4	7	2	6	3	8
7	6	3	9	8	5	4	2	1
2	4	8	1	6	3	5	7	9
9	2	6	7	3	4	1	8	5
8	3	7	5	9	1	2	6	4
1	5	4	8	2	6	7	9	3

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Check the 14 day trend.
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20202 66th Ave.

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Haney Place Mall
22661 Lougheed Hwy.

Mission
Junction Shopping Centre
32670 Lougheed Hwy.

New Westminster
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North Vancouver
Capilano Mall
Lynn Valley Centre
1295 Marine Dr.
1801 Lonsdale Ave.

Pitt Meadows
19800 Lougheed Hwy.

Port Coquitlam
2020 Oxford Connector

Richmond
Lansdowne Centre
Richmond Centre
11686 Steveston Hwy.

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Cloverdale Crossing Shopping Centre
Grandview Corners
Guildford Town Centre
Semiahmoo Shopping Centre
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7380 King George Blvd.
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